



Gaza's doctors improvise under Israeli onslaught

Surgeries held under cellphone light as casualties on the rise PAGE 7

Earnest doubles live their lives the Heming-way

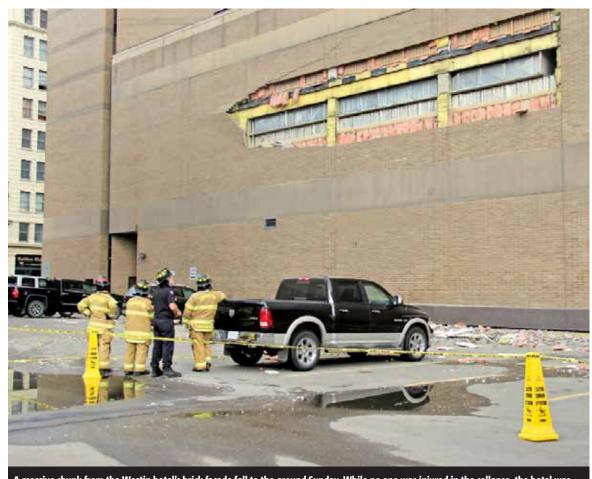
Winner of the 'Papa' Hemingway contest crowned in Florida PAGE 10

MCILROY WALKS PATH OF GOLF'S GREAT ONES

BRITISH OPEN WINNER BEHIND ONLY NICKLAUS, WOODS AS YOUNGEST TO EARN THREE LEGS OF GRAND SLAM PAGE ZO



Hundreds forced from Westin after exterior wall collapses



A massive chunk from the Westin hotel's brick facade fell to the ground Sunday. While no one was injured in the collapse, the hotel was evacuated for several hours. Late Sunday afternoon, an engineer deemed the collapse would not impact the structure of the building.

LEAH GERMAIN/METRO

Cars hit by debris. Downtown streets blocked off while authorities respond



LEAH GERMAIN leah.germain@metronews.c

More than 250 guests were evacuated from Edmonton's downtown Westin hotel Sunday after a large chunk of the building's exterior brick wall fell, smashing cars parked in a adjacent lot

Edmonton police and fire rescue arrived on scene shortly after 10 a.m. after hotel staff heard the collarse

Debris from the southfacing wall scattered as far as the sidewalks along Jasper Avenue, leaving a hole roughly 20 feet by 100 feet in the building, exposing insulation.

Edmonton Fire Service district chief Randy Shakura spoke with reporters on scene, noting it was too early to know the future of the building.

"Any time you have a collapse you don't know how bad it's going to get so we're going to err on the side of caution and we're going to evacuate the building and go from there," Shakura said

While the hotel reported

no injuries to guests or staff from the collapse, Calgary resident Elsie Kayln was one of the guests whose car was hit by the debris.

Visiting the city for a family reunion, Kayln said it's upsetting to see the damage to her brand-new vehicle.

"I was going to move my car today and find a cheaper place to park," said Kayln, who was working out at the hotel's gym when the collapse happened.

Working down the street at Taste of Edmonton, Joe Barbeau said he could hear the collapse in Churchill Square.

"You know when you drop a big brick into an empty bin, (the noise) was almost identical," Barbeau said.

Police barricaded two city streets — 100 Street and 99 Street — as crews monitored the wall Sunday, also closing off a chunk of Jasper Avenue. The roads were reopened shortly after 3 p.m. when a structural engineer deemed the building was safe for guests to re-enter.

According to a city spokesperson, the engineer found the damage only affected the face of the building and didn't pose a threat to the hotel's structural integrity.

The parking lot where the debris fell was still cordoned off Sunday afternoon.



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Air-1 helicopter limitations highlighted in fly-along

Chopper. Proposal for new birds comes at high costs for city



It's the first call of the night — police on the ground are following a vehicle with a suspected stolen licence plate.

Edmonton police pilot Tyler Tebbutt and flight officer Tom Bechthold are ready to lift off with a Metro reporter along for the ride, and a 10-minute flight ahead of them — over Sturgeon County and Big Lake — just to reach the city limits. The officers following the vehicle on the ground wait the 10 minutes while Air-1 pushes to get there.

Timely response to calls is a new challenge for the Edmonton police helicopter, with its new Villeneuve Airport home adding considerably to the response time.

Officers on the ground wait patiently for Air-1 support, before turning on their lights to stop the car. When they do, it makes no attempt to lead them on a pursuit.

If a pursuit had started, Bechthold said ground units would back off and Air-1 would follow the vehicle until it stopped. He said it makes a potentially dangerous situation more routine.

"It takes the speeds out of the high-speed pursuits and that's exactly what we want," he said.

Bechthold said he understands cash for a new \$8-mil-



Edmonton police flight officer Tom Bechthold and pilot Tyler Tebbutt in Air-1 over the City of Edmonton. Both men worked in other areas of the Edmonton Police Service before joining the unit. Inset: The helicopter is equipped with an infrared camera that shows heat, including in this case the engine of a pickup truck. RYAN TUMILITY/METRO

lion police chopper is a big ask, but he also believes the helicopter is a valuable crime-fighting tool that's now limited.

"We're doing the best we can, but it's frustrating for us in terms of response time," he

In the chopper's last call before having to return to Villeneuve they search through school fields looking for three young girls reported missing. While Bechthold admits finding the girls from overhead is unlikely, the infrared camera can quickly determine where ground units don't have to look

Last week, a different team used Air-1 to rescue seven way-

At a glance

City councillors learned last week, with their existing commitments to the LRT and arena projects, they will have \$120 million available to spend on capital projects over the next four years.

ward paddlers on the Pembina River. After using the camera to locate them, the team took the unusual step of landing and found one member of the

group badly dehydrated. Tebbutt said that situation was unusual and the team was The current police helicopters are single-engine crafts and it is difficult for them to take off vertically. A twinengine craft could be based inside the city, because it would only need a small helipad to take off.

lucky they had enough fuel to support the extra weight and get the young woman to safety.

Using the example of that rescue, Tebbutt said the proposed upgrade to twin-engine helicopters wouldn't just allow the units to do what they are

see police replace one helicopter in the next year, with a larger twin-engine craft, and then replace the second unit in 2019, while also building a new facility.

• The full proposal would

doing now faster, but the more powerful machines would mean greater capabilities.

"With a twin you could throw two to three normal sized people and you wouldn't have one less minute of fuel," he said.



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metroews.ca metronews.ca Monday, July 21, 2014

A student experiment that's out of this world

DiscoverE. Getting a glimpse of Earth's curves



Edmonton students got their first taste of space exploration Friday as a camera they sent up to the atmosphere dropped back to Earth, revealing footage from 30 kilometres up in the skv.

As part of the University of Alberta's DiscoverE outreach program, last week a weather balloon with a camera attached was launched, which travelled upwards of 30,000 metres into the Earth's atmosphere, before popping and returning the footage to earth.

"Our goal is to just get kids engaged and inspired in science, technology, engineering and math (STEM)," said DiscoverE camp and workshop coordinator Alissa Boyle.

Along with summer camps, Boyle said DiscoverE travels throughout northern Alberta and the Northwest Territories to teach students.

"We travel because we feel like we want to break down barriers children might have to engaging in STEM, so we bring science to their communities so that they can see it's something they can engage in as well."

Heading DiscoverE's space voyage camp, Dillon Andrus said the summer camps appeal to more than just science-enthusiast students.

"We see these kids getting empowered in something and thinking that one day they could go to space," he said.

Now in its 21st year, DiscoverE has seen 250,000 students complete its programs and camps.

According to Boyle, the point of the program, including the weather balloon experiment, is to give students an idea of what they can accomplish with science.

"I find that this project in particular and a lot of the other big-scale projects we do in the camps, it breaks barriers children put in their minds already," she said.



Whyte Avenue

Police investigate shooting death

Edmonton police are investigating a suspicious death after a shooting took place near Whyte Avenue early Sunday morning.

Police were called to the scene around 1:30 a.m. and found a man dead.

Anyone with information is asked to call Crime Stoppers at 1-800-222-8477 or Edmonton Police. METRO

Canmore

Bear encounter closes trail

A popular Canmore trail was closed Sunday after a surprise encounter between a bear and a Danish visitor who was left with a torn jacket and bruised arm but no major injuries.

The man was bird watching along Powerline Trail when he came upon the bear at a distance of less than five metres, said Fish and Wildlife officer Dave Dickson.

"The bear ran straight at him and he's not even sure if it bit or just swiped him — it just happened that fast — and then the bear was gone," Dickson said.

ROBSON FLETCHER/METRO

EPSB looking to add in-house construction team



Edmonton's public school district is looking at reestablishing a team to oversee new school construction after the province announced it won't be using a public-private partnership (P3) for 19 planned schools.

Last month, Alberta's infrastructure minister announced it would abandon the proposed private-public partnership for 19 schools, including three in Edmonton, slated to open in 2016

The decision could see some school openings delayed until 2017.

Instead of a P3, the province is opting to build the schools through its own procurement method, something EPSB's managing director Lorne Parker said the district would like to be involved in.

"We have very little involvement with the P3 process so we've downsized some of our facility's staff because of that," said Parker.

"Moving forward, if the province continues to construct schools under the post-P3 process, we'd (like to) rebuild our staffing component to do that work," he added.

The district is in consultation with the province to bring back a team for the facility department to oversee the building of new schools.

"Having the ability to have influence over the construction of the schools is certainly a desirable situation for us," Parker noted

Spokesperson for Infrastructure Alberta Parker Hogan said while the province isn't using P3s for the latest set of schools, it's still an option for the new schools in the future.

"At the end of the day it's all about providing value for the taxpayers' dollars," Hogan said. LEAR GERMAIN/METRO



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metro-ws.ca Monday, July 21, 2014

Pro-Russia rebels take control of Malaysia Airlines crash site

Eastern Ukraine.

International concern growing over handling of bodies and integrity of evidence on the ground

Rebels in eastern Ukraine took control Sunday of the bodies recovered from downed Malaysia Airlines Flight 17, and the U.S. and European leaders demanded that Russian President Vladimir Putin make sure rebels give international investigators full access to the crash site.

U.S. Secretary of State John Kerry said Ukraine's separatists were to blame for the downing of the aircraft, adding there was "extraordinary circumstantial evidence" that showed Russia was almost certainly complicit in arming the rebels.

"There's a stacking up of evidence here, which Russia needs to help account for. We are not drawing the final conclusion here. But there is a lot that points at the need for Russia to be responsible," Kerry said.

The key question of who controlled the collection of evidence at the crash site in rebel-held territory dominated the day's rapid-fire developments. International monitors say armed rebels have limited their access to the crash site and Ukrainian officials said armed rebels took the bodies away from their workers by force.

A wave of international



outrage over how the bodies of the crash victims were being handled came amid fears that the armed rebels who control the crash site could be tampering with the evidence there.

Donetsk rebel leader Alexander Borodai said the bodies recovered from the crash site would remain in four refrigerated train cars in the rebel-held town of Torez, 15 kilometres from the crash site, until the arrival of an international aviation delegation.

The leaders of France, Germany and Britain issued a statement demanding that Putin make sure pro-Russia separatists in Ukraine give full access to investigators at the Malaysian plane crash site or risk the ire of Europe.

The U.S. embassy in Kyiv issued a strong statement Sunday saying it has concluded "that Flight MH17 was likely downed by a SA-11 surface-to-air missile from separatist-controlled territory in eastern Ukraine."

THE ASSOCIATED PRESS

Poll: Harper agenda out of touch with Canadians' concerns



Public-opinion research for the federal Finance Department suggests key government policies are out of step with Canadians' priorities, including the Northern Gateway project.

Members of focus groups consulted prior to the February budget had "little enthusiasm" for the proposed bitumen pipeline to the B.C. coast — even those who said they support the controversial project.

And among the 12 groups consulted — from Coquitlam, B.C., to Bridgewater, N.S. — the economy itself was not a top-of-mind concern.

Rather, the groups spontaneously raised education, health care, pensions and vet-

erans as their key issues.

They also called for more processing and refining of Canada's oil resources at home, and to do so in a more environmentally safe manner.

The findings of the January focus groups, commissioned from NRG Research Group, suggest the Harper government's central policy themes

— trade and the economy, with an emphasis on energy exports — are resonating less with Canadians.

"There is little enthusiasm for the (Northern Gateway) project, even among supporters," says a Jan. 25 report on the findings.

"Detractors worry about the environmental consequences in the event of a spill, particularly as a result of a tanker accident off the B.C. coast."

"There is an appreciation that increased market access for oil will be economically beneficial but there is still a desire to do so in a more environmentally safe manner."

THE CANADIAN PRESS



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Monday, July 21, 2014

Gaza hospital lights operations by cellphone, amid Israeli fire

Power cuts, supply shortages. Doctors have become masters of improvisation

In the heart of Gaza City, as its citizens again find themselves under fire from Israeli airstrikes and artillery, the wounded and their wailing families stream into Shifa Hospital without end.

Shifa, Gaza's largest hospital, has only an 11-bed emergency room and six operating theatres. Yet amid power cuts and among the screams of the bereaved, doctors at the 600-bed facility have become masters of improvisation, forced by the seemingly unending conflict engulfing the coastal strip to care for the wounded.

"If we are in the middle of an operation (and) lights go out, what do the Palestinians do?" said Mads Gilbert, a Norwegian doctor who has volunteered at Shifa on and off for 17 years. "They pick up their phones, and they use the light from the screen to illuminate the operation field."

The wounded from Israeli strikes usually arrive in waves. More than 3,000 Palestinians already have been wounded in the past two weeks of fighting, health officials say. Many, including the most serious cases, end up at Shifa.

A new wave of casualties arrives after daybreak Sunday, following a night of heavy Israeli tank fire on Gaza City's Shijaiyah neighbourhood. Hospital guards shout at drivers to move to make room for the next vehicles, pushing back journalists and onlookers.

Some of the wounded get treated in a hallway near the emergency room. A medic bandages the foot of an emergency worker writhing in pain on a mattress on the floor. A little boy with shrapnel wounds arrives and the emergency worker slides off the



Mads Gilbert, a Norwegian doctor who has volunteered at Shifa on and off for 17 years, treats a patient a emergency room of the Shifa hospital in Gaza City on Wednesday. KHALIL HAMRA/THE ASSOCIATED PRESS

mattress to the hard floor for the child.

Dr. Jihad Juwaidi says his six operating rooms filled up quickly and that even the seriously wounded have to wait for surgery, including a little girl with a fractured skull.

Choosing who gets treated first is gut-wrenching, says Dr. Allam Nayef, who works in one of Shifa's intensive care units.

"Sometimes you have to select which one of them has the best chance to survive," Nayef says. "Easily in this rush, you can take a bad decision, that the one (patient) you thought will wait for you ... you won't find him when you finish your surgery." THE ASSOCIATED PRESS

Banned protest

French youth clash with police

Pro-Palestinian French youth defying a ban on a protest against Israel's Gaza offensive clashed with police Sunday, setting fire to cars, pillaging stores and throwing stones in a Paris suburb.

Police, backed by a helicopter overhead, responded with tear gas and shots from non-lethal guns during hours of unrest in the northern suburb of Sarcelles, home to a large Jewish community.

The unrest was the second time in two days that pro-Palestinian demonstrations in France turned violent. The demonstration, like the one in Paris on Saturday, had been banned to ensure peace.

France has Western Europe's largest Muslim and Jewish populations, and crises in the Middle East, like the one triggered by the Gaza offensive, often spill into France. THE ASSOCIATED PRESS

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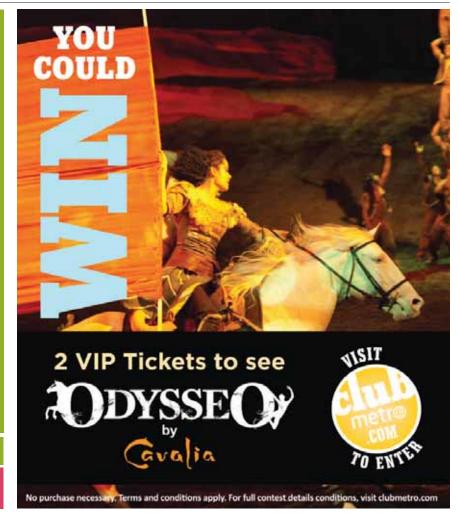


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metr⊕ **NEWS**

Election monitoring

Red flags raised about Canadian **Ukraine** missions

A new internal government report has once again raised questions about the risks of the Harper government's penchant for sending large teams of Canadian election monitors to Ukraine.

The March report, prepared by an outside consultant for the Foreign Affairs Department, says sending the bilateral missions of independent observers comes with some dangers to Canada's credibility.

But Foreign Affairs is defending the missions, saying they help promote Canadian values, such as supporting democracy.

Ottawa sent 350 people to monitor the May 25 presidential ballot in Ûkraine in a Canadian-led bilateral mission.

Another 150 Canadians went as part of a separate multinational effort led by the Organization for Security and Co-operation in Europe (OSCE), which is seen as the most credible international body for conducting such missions.

The Canadian Press obtained a copy of the independent audit of Canada's Election Observation Missions program, known as EOM, which notes that the multilateral OSCE missions are widely viewed as a much better idea than the Canadian bilateral ones.

THE CANADIAN PRESS

Women's online tales take 'everyday sexism' to task

Website bears witness.

Stories of harassment at school, work and on transit pour in from around the world

When Laura Bates was followed home one night by a man from her bus, she didn't think much of it. Incidents like that just seemed to be part of living in London, Eng-

But the writer said several other similar situations followed within days. One stranger shouted obscenities at her out of a car window. Another propositioned her forcefully in a café. A third groped her on the bus, and commuters looked away when she spoke up. She was startled not so much by the incidents — but how accustomed she had become to brushing such behaviour aside and not taking action.

"I started talking to other women, and I couldn't believe how many stories they had. I think many of us just think, 'Maybe I'm unlucky,'" said Bates, 27, in an interview. "Just like me, so many of them said, 'Until you asked me, I've never talked to anyone about

Those conversations triggered the birth of the Everyday Sexism Project, a website



that Bates set up for women to share their experiences of sexism and harassment in their daily lives - in the office, on the train, in school or on the street. Two years on, what started as a simple idea has become a movement that is steadily gaining momentum, galvanizing support from politicians, police and thousands of women and men from Brit-

Blinders off

"People say sexism doesn't exist anymore.... But it really is one of those things where once you see it, vou can't stop seeing it all around vou.

Laura Bates, everydaysexism.com founder

ain and beyond.

The project has collected 70,000 posts from some 20

countries, describing a wide range of unwelcome behaviour and offences from a col-

Not all the reactions have been positive.

- Critics have argued that the focus is too trivial and distract from more important women's issues.
- Others say some of the behaviour described in the entries does not count as sexism, or claim the women are being overly sensitive.

league's casual comment to unreported rapes. Many tell of assault, threats of violence and verbal abuse in public places. Others report seemingly innocuous behaviour and comments: One woman tells how a sales assistant handed back her change to her male friend, after she had paid for

The outpouring on Bates' website, and the attention it has garnered, has translated into some successes offline. Bates has addressed a United Nations-hosted forum and worked with British politicians, schools and businesses, and she and other activist groups have collaborated with British Transport Police to help reduce sexual assault and unwanted sexual behaviour on subway trains and buses. THE ASSOCIATED PRESS

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HIV diagnosis rate drops in U.S.: Study

The rate of HIV infections diagnosed in the United States each year fell by one-third over the past decade, a government study finds. Experts celebrated it as hopeful news that the AIDS epidemic may be slowing

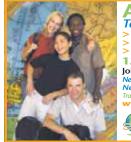
"It's encouraging," said Patrick Sullivan, an Emory University AIDS researcher who was not involved in the study.

The reasons for the drop aren't clear. It might mean fewer new infections are occurring. Or that most infected people already have been diagnosed so more testing won't necessarily find many more cases.

"It could be we are approaching something of a 'ceiling effect,'" said one study lead-

er, David Holtgrave of Johns Hopkins University.

The study was released online Saturday by the Journal of the American Medical Association. It is part of the journal's special report on HIV research, issued ahead of the International AIDS Conference that starts Sunday in Melbourne, Australia. THE ASSOCIATED PRESS



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BUSINESS

It may be time to burst your bubble



You would think that Canada's housing market was the champagne industry — there's so much talk of bubbles. For the past couple of years it's been bubble this and correction that. Yet the market keeps, well, bubbling up, at an annual rate of 4.4 per cent to the end of May

However, Fitch Ratings last week stated that Canada's real estate market was 20 per cent overpriced, while the Morningstar rating agency predicted that a 30 per cent correction could happen over the next few

What can you do to protect yourself? Here are some sug-

Landlords: An easing in prices, combined with continued low interest rates, is a homebuyer's perfect dream. A deep correction of more than 20 per cent is heaven itself. Should it come to pass, renters who are waiting and hoping for their chance at home sweet home will buy and the rental market will soften as vacancy rates climb. Landlords should stay on top of maintenance in order to keep their units as attractive as possible and stash cash just in case vacancy rates soar, leaving units empty.

Homeowners: Avoid home equity line of credit because these are based on the property's value and may be

reduced or eliminated when the mortgage term is up. If you must borrow to pay for essential repairs, consider re-mortgaging now if fees and penalties are not significant.

Prospective buyers: Don't. At least, not yet. Yes, if prices continue to defy the-sky-is-falling predictions, you may end up paying more. But having a bigger down payment could more than compensate and protect you from the impact of higher interest rates.

If real-estate money is burning a hole in your pocket, be a vicarious owner. Choose a lowfee exchange-traded fund (ETF) that tracks an index of Real Estate Investment Trusts (REITS) and is diversified among commercial, industrial and residential real estate.

'Prankvertising.' What marketing and shark scares have in common



A screen grab from a YouTube video that turned out to be a marketing ploy for

An online video hoax of a shark in Lake Ontario that caused real-world consternation this past week demonstrates the attention-grabbing risks marketers are taking in an increasingly media-fractured universe, experts say.

The problem, they say, is that efforts to stand out from the crowd via "prankvertising" can easily backfire.

"Until you've done something, you can't really say, 'OK, maybe that wasn't the smartest idea," said Stephen Morgan, former creative director with MR.G in Toronto. "There is definitely no rule book."

It was only on Wednesday six days after the YouTube video surfaced, frightened some lake users and sparked safety concerns that ultimately reached the Ontario legislature — that Discovery Canada admitted the finned creature was a lifelike

The idea was to create some buzz for a TV series on real sharks, not cause terror, Discovery Canada president Paul Lewis said by way of an explan-

"There was no anticipation on our side to cause any kind of fear or upset at all," Lewis said.

Some observers were skeptical. Morgan, who doesn't think the ad will mean a spike in viewership for Discovery, said creative talent at ad agencies aim to be "disruptive."

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Mechanically tenderized beef to be labelled

New regulations

Canadian shoppers will be able to see if the beef they're buying has been mechanically tenderized. Labelling regulations to take effect Aug. 21 are designed to protect consumers after a huge meat recall two years ago.

Health Canada says beef that has been mechanically tenderized must have a sticker saying so.

Packaged steaks must also have cooking instructions that the meat must reach an internal temperature of 63 C and must be turned at least twice.

Health Canada says the rules are meant to ensure that tenderized meat is labelled from the processor to the consumer, since it's hard to tell just by looking

THE CANADIAN PRESS

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THE AMAZING CITY OF EDMONTON

This city never fails to amaze me. But not always in a good way.

As you may be aware, the city now has an app that will enable you to report potholes, as well as a number of other things such as sidewalk damage, litter and graffiti. Woo-hoo, you say, how 21st century. Of course, if you don't own an iPhone 5, you are not likely to get the best results.

If you happen to own an Android, Black-Berry or Windows phone, you will have to use other means to let the city know where pot-

I would like to think that the city is really looking at ways to use technology to help provide services to citizens in a more timely matter. Well, no such luck. The other day, I wanted to check the status of my tax account.

What I expected to be able to do was register, create a pass-



Terence Harding edmonton@metronews.ca

such luck.

word and then look at my account. No such luck. You cannot check your taxes online. You have to phone the city and have a human being do it for you, much as it was done in past decades. Apparently, our municipal mavens are far too busy chasing the Commonwealth Games to give much thought to how it can actually make the city more taxpayer-friendly.

I saw an interesting item the other day on imprinted asphalt. The process is similar to stamping concrete and can be used to create the same look as paving stones, right down to the colour. You would think in a city with major freeze-thaw cycles like Edmonton, we would be jumping right

It would prevent much of the never-ending repair and maintenance that paving stones require —while also eliminating the trip hazard they present — but no

The great idea that wasn't

If you happen to own an Android. BlackBerry or Windows phone, you will have to use other means to let the city know where potholes are.

I wonder why I can find out about such things and nobody at the city seems to be aware of them.

What we get instead is a city councillor so bereft of ideas that he suggests the reason families aren't going to Winston Churchill Square is that there are smokers there.

The fact that it is a concrete desert in the centre of the city seems to have escaped his notice.

What he would see if he took the time to think about it is a complete lack of imagination and creativity that has created a truly horrid space that deserves to be avoided.

THE OLD MAN AND THE KEY



Vally Collins, second from left, is congratulated after beating 130 other men to be crowned the 2014 "Papa" lemingway Look-Alike Contest winner at Sloppy Joe's Bar in Key West, Fla. Collins, a Phoenix, Ariz. resident, von the title on his sixth try. andy newman/ florida keys news bureau the associated press

The son also rises. but it's papa for the win in Hemingway lookalike contest

A white-bearded Arizona restaurateur has won Key West's annual "Papa" Hemingway Look-Alike Contest on his sixth attempt.

Wally Collins of Phoenix triumphed over 130 other entrants, including his son Matt Collins, late Saturday night at Sloppy Joe's Bar. The bar was a favourite of Ernest Hemingway during the 1930s. Competitors in sportsman's attire paraded before a

judging panel of former winners during two preliminary rounds and the finals, trying to prove their resemblance to the real Hemingway.

Collins, who also has researched the role concussions may have played in Hemingway's 1961 suicide, said he admired Hemingway's ideals and taste for adventure.

"I didn't have as many wives as he had, and I have a lot more children and grandchildren, but there are a lot of things that he stood for that I really like," Collins said.

Hemingway was born on July 21, 1899.

THE ASSOCIATED PRESS

The contest is a highlight of the annual Hemingway Days celebration honouring the author who lived and wrote in Key West from 1931 to 1939.

- His home in the Florida city, where he wrote For Whom the Bell Tolls, is now a museum.
- The festival also includes a short story competition directed by Ernest's granddaughter, Lorian Hemingway, and a spoof on the running of the bulls in Pamplona, Spain.

SEE THE NEWS COME ALIVE...



IMAGE TO SCAN



In this issue, you can find AR enhancements on page 11 in Scene and page 20 in Sports.

To see pages from Metro spring to life, simply download or update the Metro News app available from your device's app store and follow these three easy steps:

- 1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
- 2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar
- **3.** Voilà! You should see the AR in action like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.

MetroTube

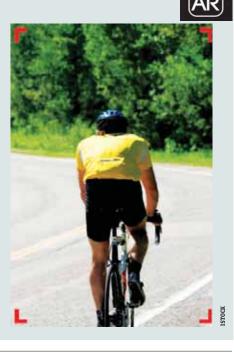
Man 'lucky' to be hit by mattress truck



ANDREW FIFIELD

In this space last week, we showed you a pretty scary accident that ended with a motorcyclist being thrown onto the roof of a vehicle after being rear-ended by another. Happily, he avoided serious injury.

More lucky is this gentleman, who found himself sideswiped by a truck while riding in Brazil — because if not for the cargo it was hauling, things could have been much worse. (EpicBulbTV Viral/ YouTube)





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metronews.ca Monday, July 21, 2014

Ebooks



Seconds

By. Bryan Lee O'Malley

Kindle/iBooks

.



MIND THE APP Kris Abel @RealKrisAbel

Katie is a chef so drawn to the control of her kitchen that she's made her restaurant her home. She becomes tempted to replay her life when mysterious forces test her destructive impulses. The creator of Scott Pilgrim is on fire again with imaginative, dreamlike visuals, likeable characters, and a tricky time-travel story masterfully told for a compulsive read.

Box office

Apes rule movie jungle, once again

Dawn of the Planet of the Apes topped the box office for the secondstraight week with an estimated \$36 million, easily besting the horror thriller The Purge: Anarchy. In third place is Planes: Fire & Rescue, while Sex Tape failed to turn on moviegoets. The ASSOCIATED PRESS

The Dirty Heads' summer bummer — gone too soon

Sound of Change.

New album heavy on reggae-rock vibe with a song detailing a shortlived summer romance

CHRIS CARPENTER

Metro in new York City

With August fast approaching, SoCal rockers Dirty Heads express their bittersweet qualms with the fleeting nature of the season on My Sweet Summer, the lead track from their fourth studio album, Sound of Change.

"I was doing a writing exercise where I was writing songs for other people and sending them out. Kenny Chesney and I were shooting emails back and forth, so I had started this country-ish, reggae-ish song," Jared "Dirty J" Watson, lead singer of the Dirty Heads, says about the early inception of Summer.

Chesney — arguably country music's reigning king right now — is a self-proclaimed super-fan of the Dirty Heads.

"I think country music is great; it's hilarious. I love the storytelling aspect," Watson says. "For somebody like Kenny Chesney to have touched so many people and have so many fans — obviously he's doing something amazing. For

Jared Watson and Dustin Bushnell of the band The Dirty Heads. GETTY IMAGES

him to play our music before his shows, that's just really cool. It's crazy. That whole 'barefoot, sand, Coronas' vibe that he brings is like the country version of us. He's a very cool dude."

Of course, Summer, the way the Dirty Heads play it, doesn't exactly sound like a country tune. Inspired by the escape of summer — both literally and figuratively — Watson crafted the song around the departure of a summer romance.

AUGMENTED REALITY

→ Scan this photo with your Metro News app to hear how the Dirty Heads transformed My Sweet Summer!



→ See the full instructions on Metro's Voices page.

"When the idea of 'my sweet summer is gone' came and we [the band] nailed down the idea and the gist of the story that we wanted to tell, it was just about painting a cool picture. We knew that we had something special," says Watson.

Dirty Heads' most successful song to date came in 2010 with the acoustic surf tune Lay Me Down. The song reached No. 1 on both Billboard's Alternative chart and Rock chart.

"[Surf culture] tied into our music very heavily in the beginning. Now that we're grown men and have been doing this for 10 years and have seen the world, I think that this band is a lot more international and worldly," says Watson. "I think our new album is a little broader. It's so heavy on that reggae-rock vibe. It's something new."

Long past their days of crawling the country in a van, the band are currently on tour with Pepper and are playing select dates with 311.

"Touring in a van and not making any money for seven years made us who we were," says Watson. "We didn't care; it was all about the music. We knew it was going to pay off."

Bittersweet

"We knew that we had something special."

Jared "Dirty J" Watson, lead singer of the Dirty Heads describes crafting
My Sweet Summer around the inspiration of the end of a summer romance



metroews.ca metronews.ca Monday, July 21, 2014

Right cast is Sex Tape's key to success

In theatres. Ellie Kemper puts the comedy first in Columbia Pictures' new release Sex Tape



NED EHRBAR Metro World News in Hollywood

Ellie Kemper, of The Office and Bridesmaids fame, knows how to steer a conversation. When talking about the awkward questions that come up about a film called Sex Tape — in which she plays the friend of a couple (Cameron Diaz and Jason Segel) who actually makes one — things quickly got weird.

You're probably fielding a lot of inappropriate questions because of the theme of this movie, huh?

It didn't really occur to me, stupidly, until today — "I guess there are going to be a lot of questions about sex tapes, aren't there?"

They haven't been too bad. I haven't made any sex

tapes so I haven't had to bring any up.

That's convenient.

That's very convenient. I planned that. But it hasn't been too bad. There's been some questions about sex tapes in our culture, but I don't have such great insight into that. It's mind-boggling. I think some people want them to be leaked, and that's one thing. But if you are doing something like that and you never want anyone to see it, then you shouldn't do it in the first place.

You've been doing well in comedy, going from The Office to Bridesmaids to this. Is there a plan in place for you?

When you are starting to perform, you think, "I would love a job that pays." And it seems strange to ever say no to any project that comes up, but I think the general idea that I have right now is to keep doing projects that involve great people, because it's a proven recipe



Annie (Cameron Diaz) and Jay (Jason Segel) discover Robby (Rob Corddry) and Tess (Ellie Kemper) have watched the video they made in Sex Tape. HANDOUT

for success. So if there's someone you want to work with, it doesn't totally matter what the content is, because it will always yield a better experience and a better product.

Do you see yourself moving out of comedy in any way?

I hope this doesn't make me shallow, but I don't totally have an interest in doing that right now. I love comedy. I think it's a lot of fun, and I have fun doing it so I don't feel like I want to be doing that just yet. But maybe in the second half of my life I will turn all drama

all the time. We'll see.

So you know exactly when the midway point of your

Yup. I'm actually living to 104, so when I'm 52 it's only going to be serial killers and rapists for me. But they still retain a youthful air.

To tweet or not to tweet?

Socializing media

- You're not on Twitter, are you? "I'm not, and it's sort of a conscious decision. People have suggested it. I know how I react to things, and I worry I wouldn't be able to handle Twitter. I might be too sensitive and I might get too obsessive. It's a wonderful platform, I just think I would get too involved and it might upset me. It takes up a lot of time and I think I would not be able to put it away for the night, if that makes sense," says Kemper.
- Better to keep your sanity. "Yeah. Every now and then I'll be doing something and I'll think, 'I would like to tweet that!' But then I think, 'Ugh, but then you'd have to tweet again in an hour, and it would never end.' No. No more."

David Lynch premieres Twin Peaks box set

Damn good release.

Cult favourite TV series set in Northwest U.S. gets long-awaited release with extras

The cult classic series and its film prequel were given an unusual Hollywood premiere as L.A.'s Vista Theatre showed deleted scenes from

the two David Lynch projects.

It might not have met standard expectations for a movie premiere, but who wants that when a director like David Lynch is involved?

Rather than comment directly upon two of his best known works, both set in the forested Northwest U.S., a minute-long introductory speech saw Lynch extol the qualities of wood.

Fan site Welcome To Twin Peaks provides a full transcript of the speech, supplementing an attendee's video recording:

"There is an abundance of fish in the sea. But tonight, I would like to speak about wood. There are many times in the world when the phone rings and someone is inquiring about wood."

"This happens primarily at lumber yards and in

this case, it's necessary to have a phone. It is only natural that trees are growing and that they are made of wood."

"Much happiness can come from observing a tree and the same can be said about observing the many shapes fashioned out of wood. Quite often when we are talking about beauty, we are talking about wood. Thank you very much!"





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SCENE

Childless future not far-fetched

The Lottery. Canadianborn actor David Alpay stars in Lifetime series about fertility crisis in the year 2025

Empty playgrounds amusement parks shadow the eerie consequences of a future without children in the opening scenes of Lifetime's newest series The Lottery.

The dystopian thriller follows an unexplained infertility crisis in 2025 that has persisted for six years. This isn't an inconceivable scenario given recent events such as bee colony collapses and starfish die-offs, says actor David Alpay, who plays scientist James Lynch on the show.

"Humans could be next," says the Toronto-born Alpay. "Ten years is a huge amount of time in terms of what can happen chemically or environmentally."

Alpay, 33, says there is an appetite, especially among younger audiences, to talk about issues like the impact of drastic environmental changes in a contemporary

He hopes that the The Lottery, which premieres Sunday, will provide a way into that conversation.

The 10-episode series was created and written by Timothy J. Sexton, who wrote the 2006 film Children of Men.

Faced with the potential demise of the human species, a breakthrough by Alpay's character and his boss Alison Lennon (Marley Shelton) that successfully fertilizes 100 embryos grabs the attention of the U.S. government, who swoop in to take control of their lab.

As President Thomas Westwood (Yul Vazquez) grapples with how to manage this discovery, his chief of staff, played by Canadian Athena Karkanis, suggests the embryos be assigned through a countrywide lottery.

The result of this lottery is "dark and kind of crazy," says

The pilot hints at the

Casting. True Blood vamp Woll to play Daredevil's girlfriend in Netflix series

WEIDENFELD

True Blood isn't even off the air yet, but cast members of the popular HBO supernatural drama are already booking new gigs. Deborah Ann Woll, who plays vamp Jessica Hamby on the show, will join the cast

of Netflix's Daredevil show in the role of Karen Page.

It's the lead female part on the new show, since Karen Page is Matt Murdock/Daredevil's longest-running love interest.

She'll be joining Charlie Cox (Stardust, Boardwalk Empire) who will be playing the

In the comic, Page is Murdock's secretary, and is introduced in the very first issue. But there is no word on whether she'll be in the same role in the show. Also starring in the upcoming show are Vincent D'Onofrio as villain The Kingpin and Rosario Dawson in an as-yet-unnamed part that will probably be cool because Rosario Dawson is cool.

There's only one problem: Will Woll have to dye her trademark red hair? Page is drawn as blonde in the comic.



EXCELLENCE RE-DESIGNED

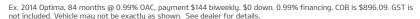
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chaos caused by competing interests and political fallout, and includes flashes of angry riots. This makes it "visceral and understandable version of the future," says Alpay. "All around us, things are burning and falling apart," he says. "We are so privileged not to have to see that on our doorstep, but it exists. It's right outside basically at our neighbour's house." The series also follows Kyle Walker (Michael Graziadei), a single father of one of the last children to be born, who gets by financially by making house calls to hopeful women seeking to get pregnant.

THE CANADIAN PRESS



The Fall. Killer in sights early in second season of BBC murder mystery

Gillian Anderson has the killer in sight in The Fall.

A first teaser for the second season of the British TV series, which will be released in the fall on BBC Two, has just been unveiled.

Starring Gillian Anderson (The X-Files) and Jamie Dornan (the upcoming 50 Shades of Grey), the drama follows a police officer played by Anderson who came to investigate a series of murders of young women in Northern Ireland.

The killer's identity is quickly unveiled to viewers: he is played by the future Christian Grey, Jamie Dornan.

And he appears to have an obsession with Anderson's character, judging from the first 50 seconds on BBC Two.

Gillian Anderson in The Fall.

Broadcast in May 2013, the five episodes of the first season gathered 3.3 million viewers on average. The drama is also on Netflix.

No date has been given for the release of the six episodes of the second season. AFP

The CW network

Supernatural stars stoked about season 10

Supernatural stars Jensen Ackles and Jared Padalecki say the TV series they started nine years ago remains just as fun today as it did at the beginning.

"We still get excited about it," Ackles said. "I remember getting the last script of season nine, I got all giddy about it. I was excited to see what happens in season 10. As long as there's still that fulfilment ... we will keep going."

Padelecki added, think we know the show enough and our characters enough that if there's an end coming I think we'll all see it." ASSOCIATED PRESS

James Garner

Maverick and **Rockford Files** star dies at 86

James Garner, the star of Maverick and The Rockford Files, has died at the age of 86, TMZ reports.

Garner made his name on television as the wry, laid-back gambler and gun slinger Bret Maverick in the 1957-60 cowboy series.

He also starred as James Rockford, a witty and resourceful private detective in the 1974-80 series The Rockford Files.

He appeared in movies like The Great Escape, The Americanization of Emily, Victor Victoria, Murphy's Romance, Space Cowboys and The Notebook. AFP

metr⊕ DISH metronews.ca Monday, July 21, 2014



Award makes this Lohan comeback a little more legit, right?

Lindsay Lohan really has it easy sometimes. No, wait. Hear me out. Lohan's career as a "celebrated" actress comes from one film, Mean Girls, that came out 10 years ago. Since then, the films she's actually managed to show up for have been disappointments and duds, yet she's still held on to the promise that Mean Girls created. And now she's been feted at the Ischia Global

Film & Music Festival with the Ischia Comeback Award simply for signing up to do David Mamet's Speed-the-Plow on the West End. Seems a bit premature, since she's not even in rehearsals yet, but whatever. She's back! Again! Come to think of it, every time Lohan has signed up to do anything, it's considered a comeback. Maybe she deserves the award after all.



@samantharonson

Twitter Tourette's Syndrome is not a thing. You signed on, typed it up, hit send. Own it.



My favorite part of having a cold is probably the sweaty, unyielding dreams that my family and friends have abandoned and ostracized me <3



@SarahKSilverman

I have Angelina Jolie's lips, it's just that they're in my

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Aquilera party finds new meaning for birthday cake



STARGAZING

An American attempts to claim 800 square miles of land in Northern Africa so that his daughter can be a real princess. "Whatever," says Veruca Salt.

Ariana Grande's Nickelodeon show Sam & Cat is cancelled. I don't understand all of those words, but I do know it sucks when my cat knocks over my grande latte, so condolences?

Blake Lively is launching a lifestyle website called Preserve. It will feature 1) Canning tips. 2) Essays on conservation of heritage buildings. 3) A tribute to the Preservation Hall Jazz Band. 4) A screed against Butylated hydroxyanisole and L-cysteine. 5) Cute pictures of expensive shoes.

Marvel Comics introduces female Thor. Space does not allow me to elaborate on the sexist weirdness of a "strong female character" having to spring from a longestablished male character, so I'll just say "blergh." Also, the only time Thor transformed into a woman was when he went to Jotunheim to trick the giant Thrym into



returning his hammer by pretending to be Freya and Loki said (that's more than enough. - ed.)

Sotheby's and eBay are teaming up for live online auctions. Thus finally bringing together moneyed socialites and collectors of old safety pins, antique photos of people who aren't their relatives and rusty

street signs. Lindsay Lohan promises to behave when she stars in Speed-the-Plow in London. "How crazy would I be," she asked, "jeopardizing my chance to spend 10 weeks doing speed?"

Christina Aguilera's baby shower reportedly featured a cake that had as decoration a woman on a rug birthing a baby whose head was "poking out". That explains the new Slimband slogan: "Almost as good at completely destroying your appetite as accidentally attending Christina Aguilera's baby shower."





Cosby confessions: Theo had a crush on Denise

This may not sit well with you, but Malcolm-Jamal Warner has revealed that while making the Cosby Show, he had a major crush on his on-screen sister, Lisa Bonet. "We were so close in age," Warner tells Access Hollywood. "But, you know, I never had a shot. You just

know. At 13, 14, you know when you have a shot or not, even at that age." As for where he stands today with Bonet, who is married to Game of Thrones star Jason

"She's cool," Warner says. "Lisa and I, we've always been very cool."



metronews.ca LIFE 15

Do your rating credit. Check it

On file. Everything you ever wanted to know — and maybe a few things you didn't — about your credit history and why you should keep an eye on it



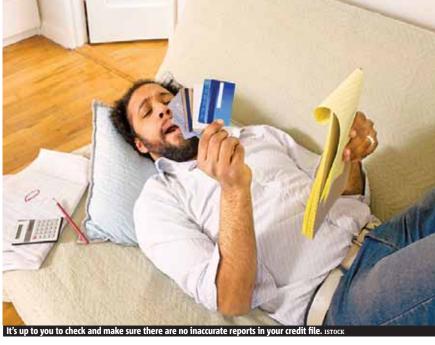
GAIL VAZ-OXLADE Gail blogs daily at gailvazoxlade.com

Have you checked your credit file recently? You should.

Your credit file contains a listing of debit and credit payments and it includes public record information about how promptly you've paid bills, along with all the yucky stuff like collections, judgements and bankruptcies.

Typically credit agencies will keep a record of accounts that were paid and have no negative history for up to 20 years or for as long as you have a relationship with the company with which you did business. If you cancel an account, the credit agency has no way of maintaining a current and accurate credit file so they often delete credit information. That's why when you cancel a credit card the credit history that goes with it disappears. If you have a long history with a credit card supplier and want to stop using that card, cut it up but don't cancel the account until you've established a credit history on

Most people don't realize that when a business makes an inquiry — when it checks your credit — that inquiry not only affects your credit score, but it stays on your file for one to six years depending on the type of inquiry.



Annual credit check-up

Check your credit files at least once a year to ensure the information is correct.

 Send a written request to one of the two major credit bureaus in Canada: Equifax Canada Inc. or Trans Union of Canada Inc. More information can be found online at equifax.ca and transunion.ca.

 There is no charge for this service if you ask for your record by mail.

Some credit-reporting agencies report the lenders' rating of each of your credit history items on a scale of 1 to 9. A rating of "1" means you pay your bills within 30 days of the due date. A rating of "9" means that you never pay your bills at all or that you have made a consumer debt repayment proposal to the lender. A letter will also appear in front

of the number: for example, I2, O2, R2. The letter stands for the type of credit you are

using.
"I" refers to an installment loan, such as for a car loan, where you borrow money once and repay it in fixed amounts, on a regular basis, for a specific period of time until the loan is paid off. "O" refers to open credit such as a

line of credit, where you borrow money, as needed, up to a certain limit and the total balance is due at the end of each period. "R" refers to revolving credit, on which you make regular payments in varying amounts depending on the balance of your account, and can then borrow more money up to your credit limit. Credit cards are revolving credit.

If you've mucked up your credit, know that the record of your financial indiscretions will remain on your file for all who inquire to see for up to six years after you diddled around and defaulted on the account.

If you go through a debt repayment program, like one offered through credit counseling, the record will be removed from your file two years after you finish paying off your agreed upon amount,

or six years after you defaulted on the account, whichever comes first. If you do a consumer proposal, the proposal and all accounts reported as satisfied through the proposal are removed from your file three years from the date you satisfied the proposal.

The amount of time a bankruptcy stays on file is dependent on where you live. Typically, if you live in B.C., Yukon, N.W.T., Nunavut, Alberta, Saskatchewan, Manitoba or Nova Scotia, the record will stay in place for six years from the date of discharge. In Ontario, Quebec, New Brunswick, P.E.I. and Newfoundland and Labrador, it stays on record for seven years from the date of discharge. However, if you've gone bankrupt more than once, each will remain on your file for 14 years from the date of discharge of each bankruptcy

If you get a judgement against you, the same rules apply as with bankruptcy except for P.E.I., which keeps the record on file for ten years

If you've been sent to collections, the record will be removed from your file six years after the date you defaulted on the account with the original creditor.

So if some collector calls you up after six years and says they're trying to collect on the debt, they have no recourse and you can blow 'em off. Your record is clear.

The longer you exhibit good credit behavior by paying your bills on time and managing your credit wisely, the more your credit rating will improve, until you once again achieve a favorable credit rating. And if you've got a good rating that's been marred by inaccurate reporting, it's your job to fix it.

Love or lust? Eyes will tell

Does your date see you as a potential soul mate or an object of lust? Gaze patterns — more specifically where he or she looks — could help you find your answer, according to researchers at the University of Chicago.

They say that glancing at the other person's body could indicate sexual desire, while focusing on the eyes and face is an indicator of love and such judgment reveals itself rapidly.

"Although little is currently known about the science of love at first sight or how people fall in love, these patterns of response provide the first clues regarding how automatic attentional processes, such as eye gaze, may differentiate feelings of love from feelings of desire toward strangers," says lead author Stephanie Cacioppo, director of the UChicago High-Performance Electrical Neuro-Imaging Laboratory.

Co-author John Cacioppo, director of the Center for Cognitive and Social Neuroscience, says the study indicates eye tracking could be useful in the field of psychiatry and more specifically in couples' therapy.

Meta study

Practice will make you better — but perfect? Not likely

Researchers from Rice
University, Princeton University and the University
of Michigan teamed up to
conduct a meta-analysis
of 88 previous studies that
debate the age-old question of whether practice
makes perfect, concluded
that although practice is
unlikely to make perfect
for all but a select few, it
will improve anyone's
game. AFP

Be at om with others

Namasté social anxiety away

Researchers at Queens University challenged the common association of yoga and other exercise-based relaxation activities with relief from tension, stress and anxiety, concluding they can be beneficial to those with social anxiety.

The study found such activities are quite

The study found such activities are quite literally able to change people's perception of the world, reducing threatening and negative feelings. AFP

Battle of the sexes

Let's talk about who does it more

Researchers from Northeastern University in Boston attacked the stereotype that women are more talkative than men, finding that different group settings yield different results. "It's a very particular scenario that leads to more interactions. The real story here is there's an interplay between the setting and gender which created this difference." AFP

metr⊕ **MONEY 101**

Money 101. Two couples, one year to make them richer

Never been so happy — and so rich



Since January, two Canadian couples have taken on the challenge to completely change their financial future. Together, we have worked on budgets, debt reduction, retirement planning, home-buying and financial planning. Both couples have risen to the challenge and have collectively improved their net worth by more than \$50,000. Follow @LesleyScorgie and cheer these couples on as they work to achieve their goals. – *Lesley-Anne Scorgie*





Parenting has brought Anne-Marie and Peter tremendous joy this past month, despite a few feeding and sleeping challenges. Adding to their glee is a growing bottom line. In particular, a strengthening stock market has contributed to a large increase in the value of Anne-Marie's defined benefit pension — more than 25 per cent since January. While on parental leave, she will continue to participate in her plan, adding to the value, but this will eat into the couple's maternity budget.

Anne-Marie's and Peter's cash flow has taken a bit of a hit lately as the couple deals with nursing challenges. The cost of feeding consultants and prescriptions has totalled close to \$1,000, but Anne-Marie, in particular, feels the issue is nearly resolved. To afford these medical expenditures, the couple paid \$1,000 less toward their debts this past month and will keep their receipts for tax time as they may qualify for tax credits. Overall, these unexpected expenses have reinforced the need for building emergency funds going forward.

For the remainder of the year, the couple will endeavour to become debt-free. They still owe \$5,200 on their lowrate credit card and \$2,800 on their vehicle loan. Spread

Anne-Marie and Peter recap

- Location: Toronto
- Ages: 37 and 33
- Occupations: Broadcasting and sports editing
- Total household income: \$110,000
- Life stage: First child arrived in May
- Financial savvy: Medium they use budgets to help guide spending, have some retirement savings,

and are committed to payina off debt

- Top goals for 2014: Pay off debt: start an RESP: and start saving a down pay-
- Current net worth: \$93,850
- Homework from last month: Evaluate balanced investments and plan to set up an RESP

equally over the next five months, that's approximately \$1,600 per month. The challenge will come when Anne-Marie's parental leave "topup" from her company ends in October. So they are making hay while the sun is still

Due to a high volume of new parent commitments, the couple is yet to set up their daughter's RESP, so this is the first part of their homework this month.

At the same appointment with their investment adviser, they will also be choosing different and better suited investments for their RRSP

portfolios. Anne-Marie and Peter are still interested in low-fee mutual funds suited to their medium-risk investment profiles due to the fact these funds are professionally managed and offer an opportunity for diversification. Once their investment acumen improves, they will consider more traditional investments like stocks and bonds.

Homework:

Anne-Marie and Peter will set up their daughter's RESP and change their investment hold-

THE NAMES OF BOTH COUPLES HAVE BEEN CHANGED TO PROTECT THEIR PRIVACY.

- Rent or own: Rent

Third, their three girls

Carolina and Jose

Carolina and Jose have officially settled into their new townhome and credit three reasons for why they are so happy.

First, for the first time in their lives, they have a forced mechanism to save money through building equity in a home they own. Through biweekly mortgage payments of approximately \$590 and a five-year, fixed rate of 2.99 per cent, a huge chunk of Carolina's and Jose's payments are going toward equity rather than interest.

Second, their home is theirs to do with as they wish. They have been dreaming about what features, such as paint and light fixtures, they would eventually like to upgrade.

But before they get ahead of themselves, Carolina's and Jose's homework is to create a list of what they would like to improve, by when and the cost. This will help balance out their home improvements so they give themselves enough time to save up rather than charge to their credit card. Luckily, they have already been able to avoid one meaty home maintenance item — a new water heater, which was replaced by the former owner.

are adjusting well and making new friends — a priceless

This month, the couple is

Carolina and Jose recap

- · Location: Calgary
- Ages: 33 and 32
- Occupations: Stay-at-home mom and safety co-ordin-
- Total household income: \$62,000
- · Life stage: Three daughters aged five, three and one
- Financial savvy: Medium they have established a budget, purchased a

home, are very frugal and have no retirement savings

- Rent or own: Own
- Top goals for 2014: Pay off debt; buy a house; and visit family
- Current net worth: - \$6,500
- Homework from last month: Work through their 60-day new homeowners' checklist

shifting gears toward their next great financial challenge debt repayment. They owe \$6,800 on their line of credit and make payments of \$100 per month. They also owe \$14,700 in student loans, of which they pay nothing toward due to relief through a student loan payment assistance program.

Their debt repayment plan starts with a revised budget, taking into account their new home and an understanding of how much they can afford to pay each month. Thus, Carolina's and Jose's second homework item this month is to revise their budget.

To further reduce their debt, Jose is considering selling his 15-year-old car and putting that money toward their

He no longer needs his vehicle because his work supplies him with a truck.

Ideally, the couple wants to strike a balance between becoming debt-free while sprucing up their new pad.

Homework:

Carolina and Jose will create a list of home improvements and a revised budget.

LESLEY-ANNE SCORGIE IS A COLUMNIST WITH METRO, FINANCIAL COACH AND BESTSELLING AUTHOR OF WELL-HEELED.

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From Post to present: A new era of etiquette

Post with the most.

A family business built on a foundation of good form

LAKSHMI GANDHI

Emily Post made a name for herself in the early 1900s as a world-renowned expert on etiquette and manners, advising readers on everything from making polite conversation to the right way to host an afternoon tea. Several generations later, her descendants are continuing her legacy with a 21st century twist - by advising people on life in the digital age.

The family has just released the third edition of their book Emily Post's The Etiquette Advantage in Business.

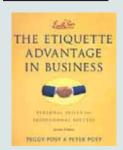
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ACCOUNTING

TECHNOLOGY

BUSINESS

HEALTHCARE



Ask yourself what impression you are making online

"Google yourself," suggests Post to see what others see when they search for you. Are there public posts of you drinking or partying? Post says you may want to erase those, but that it's ultimately up to you to decide what's important to you. "Are you going to let your career dictate your online persona or are you the type of person that is going to say, 'No, this is who I am and I am going to find a position where this isn't going to matter?" Post asks.



decade since the last book was released, the Posts say that because the business world has changed so rapidly in recent years, it can be tough to navigate it all.

"It's kind of unbelievable the leaps and bounds we have made in just the last few years and how much digital usage has increased," says Lizzie Post, Emily's great-great-granddaughter. We asked Post for her take on several modern social media dilemmas many of us face in the workplace.

To friend or not to friend?

When it comes to Facebook, think hard about whether you want to add your co-workers. "While typically most of us have always bonded with our co-workers, it's really different today," Lizzie Post points out. "Previously, it was very controlled in what you allowed your co-workers to see [in your life outside of work]. But now you are not just letting them see your photos, you are also letting them see the conversations you are having with other people."

Post notes that letting someone into your personal online space is a private decision and reminds everyone that they are in charge of the process. "You have to decide what works for you," says Post. "You can always tell a co-worker, 'I had to make a decision and I decided not to mix my work and personal lives."

Should you accept that LinkedIn request?

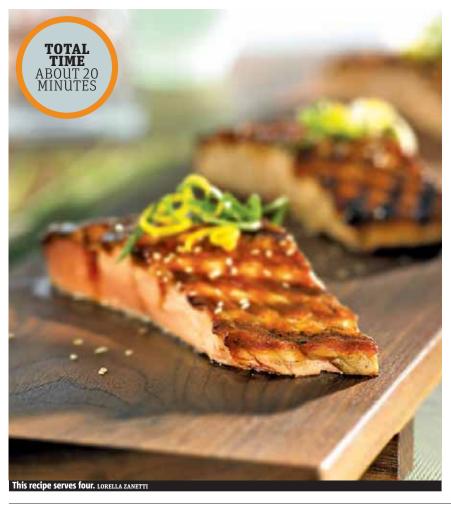
With the popularity of LinkedIn, it's common to get all sorts of connection requests from everyone from elementary school friends to your neighbours. "I don't respond to people on LinkedIn that I don't know well or that I haven't worked with closely," says Post of her own personal policy. "For people like high school friends, unless I know your work, I decline the re-

What if you really don't want to write that LinkedIn recommendation?

"I don't recommend friends," says Post. "It's one thing to be friends with you, but that doesn't mean that I know how you work. With endorsements, it's a bit different. If I have seen your blog and have read your book, then I feel like I can do

Post says to remember that saying no is always an option.

Time to revive the planking craze to give salmon a delicious smoky flavour



Cedar Planked Salmon with Maple Glaze. This fish makes a perfect partner for the barbecue and contains healthy fats



ROSE REISMAN For more, visit rosereisman.com or follow her on twitter

When it comes to summertime cooking, the barbecue is the easiest, most enjoyable and social way to cook.

Salmon is my number one fish for the "barbie," but cooking it on a cedar plank is so much more flavourful.

You can purchase the thin wooden planks in your grocery store where fish are sold. Soak them in water for at least 20 minutes to prevent burning. For an alternative cooking option, feel free to bake your salmon in 425 F oven for 10 minutes per each inch of thickness.

I prefer to use organic salmon as a precaution against mercury and other pollutants that can be in our fish.

Salmon, a fatty fish, is an excellent source of omega-3 fatty acids. It's proved to be beneficial in the treatment of osteoarthritis, cardiovascular

FLASH FOOD



From your fridge to your table in 30 minutes or less

health and in decreasing the risk of macular degeneration.

The maple syrup sauce over top of the fish is addictive. I also use it over grilled chicken, pork or tofu.

Directions

1. Preheat barbecue to 425 F and either spray a cedar plank or grill with vegetable oil.

2. Whisk maple syrup, soy sauce, water, vinegar, oil, cornstarch, garlic and ginger together in a small saucepan. Cook the mixture over medium heat until thickened and smooth, about 2 minutes. Remove from heat. If too thick, add a little bit of

- 1/4 cup pure maple syrup
- 2 tbsp low-sodium soy sauce
- 1 tbsp water
- 2 tbsp rice vinegar . 2 tsp sesame oil
- 2 tsp cornstarch
- 2 tsp minced fresh garlic
- 1 1/2 tsp minced fresh ginger
- Four 4-oz skin-on salmon fillets
- 2 tsp sesame seeds
- 3 tbsp chopped cilantro or

3. Place salmon, skin-side down, on plank or grill. Brush top half of salmon with some sauce. Sprinkle with sesame seeds. Cover grill and cook 10 minutes per inch of thickness or until the fish flakes easily when pierced with a fork.

4. Garnish the finished salmon with cilantro and serve on the cedar plank with the remaining sauce on the side.

Nutritional information

Per serving

- Calories. 250
- Carbohydrates. 16 g
- Fibre. 0.3 q
- Protein. 24 g
- Total fat. 10 g
- Saturated fat. 1.6 g
- Cholesterol. 64 mg
- Sodium. 323 mg

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PORTS LY

Boy Wonder is back

Third youngest. At 25, Rory McIlroy safely wins the British Open

Walking off the 18th green as the British Open champion, Rory McIlroy kept gazing at the names of all the greats on golf's oldest trophy.

On the claret jug, his name is etched in silver below that of Phil Mickelson.

In the record book, he is listed behind Jack Nicklaus and Tiger Woods as the youngest to win three legs of the career Grand Slam.

And over four days at Royal Liverpool, he had no equal.

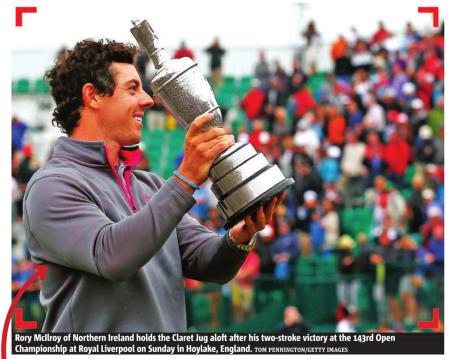
"I'm immensely proud of myself," McIlroy said after his two-shot victory Sunday that was never really in doubt. "To sit here, 25 years of age, and win my third major champion-ship and be three-quarters of the way to a career Grand Slam ... yeah, I never dreamed of being at this point in my career so quickly."

He had to work a little harder than he wanted for this one.

Staked to a six-shot lead going into the final round, Mcllroy turned back every challenge. He made two key birdies around the turn, and delivered a majestic drive at just the right moment to close with a 1-under 71 and complete his wire-to-wire victory.

In another major lacking tension over the final hour, what brought The Open to life was the potential of its champion

After nearly two years of turmoil, McIlroy looked like the kid who shattered scoring records to win the 2011 U.S. Open at Congressional, and who won the PGA Championship at Kiawah Island by a record eight shots a year later.



AUGMENTED REALITY

- → Scan the image with your Metro News app for a gallery of Sunday's action in Liverpool.
- → See the full instructions on Metro's Voices page.



Boy Wonder is back. Or maybe he's just getting started again.

McIlroy won by two shots over Sergio Garcia and Rickie Fowler to become the first startto-finish winner since Woods at St. Andrews in 2005. Even with one major left this year, the Northern Irishman already is looking ahead to Augusta National next April for a shot at the slam.

"I've really found my passion again for golf," Mcllroy said. "Not that it ever dwindled, but it's what I think about when I get up in the morning. It's what I think about when I go to bed. I just want to be the best golfer that I can be. And I know if I can do that, then trophies like this are within my capability."

McIlroy put an end to this major with a powerful drive down the fairway at the par-5 16th, setting up a two-putt birdie to restore his lead to three shots. He finished with two pars, tapping in for par on the 18th green.

The hard part was trying not to cry when his mother,

Money on McIlroy

25

Rory McIlroy was not the only winner at the British Open on Sunday. The BBC said McIlroy's father, Gerry, and three of Gerry's friends placed a combined bet of 400 pounds (now \$645) in 2004 on McIlroy winning the British Open before he turned 26. McIlroy is now 25. The odds were 500-1, so the syndicate looks to collect 200,000 pounds (\$322,789) now that McIlroy has lifted the claret jug.

Rosie, came onto the green with tears streaming down her face. She was not at the other two majors. Before leaving, McIlroy turned and applauded the fans in the horseshoe arena who were witness to another masterpiece. THE ASSOCIATED PRESS

Tennis

Wozniacki does best to match former fiancé

Caroline Wozniacki overpowered second-seeded Roberta Vinci 6-1, 6-1 Sunday to win the Istanbul Cup final and clinch her first WTA title of the year and 22nd overall.

The top-seeded Dane needed only 67 minutes against the 24th-ranked Italian.

Wozniacki won 76
per cent of points on her
first serve — compared
to just 43 per cent for
Vinci — and also saved all
six break points against
her at the hard-court Koza
World of Sport Complex.

"I served well and pushed her around the court," said Wozniacki, who won all seven of her service games.

Now ranked 15th, her victory in Istanbul came just hours before golfer Rory McIlroy won the British Open by two strokes at Royal Liverpool.

After getting engaged to Wozniacki on New Year's Eve, McIlroy broke off the engagement in May with a telephone call. About a week after, Wozniacki exited the French Open in the first round.

THE ASSOCIATED PRESS





SPORTS

late burst steals win from gassed breakaway duo

Almost at the line, Jack Bauer and Martin Elmiger were exhausted but could see it coming: their first Tour de France stage victory. Those last 50 metres, however, got in the way.

A bunch of sprinters leading the pack came speeding like a runaway train and plowed past the huffing breakaway duo in the final milliseconds.

Stage 15 belonged to Norwegian Alexander Kristoff, his second stage victory in this Tour.

The 222-kilometre stage went smoothly for overall leader Vincenzo Nibali of

Nibali made sure his main rivals couldn't claw back any time, and he kept

"I thought I had it. but then I realized in the last 50 metres that I had nothina."

Jack Bauer on being in the running to win Stage 15 of the Tour de France

his yellow jersey by finishing in the trailing pack.

After two days in the Alps, Sunday's stage offered some relief over a flat course from Tallard, southeast France's parachuting capital, toward Nimes, known for its Roman arena and bullfighting. More relief comes Monday - a second rest day.

THE ASSOCIATED PRESS

Diving. Quebec's Jennifer Abel wins her second bronze at FINA World Cup

Jennifer Abel of Laval, Que., won the bronze medal Sunday on women's three-metre at the FINA World Cup diving competition.

Sĥi Tingmao led China to a 1-2 finish with 383.40 points, upsetting world champion He Zi in second at 369.65. Abel, second entering the last round of dives, took the bronze at 364.05 to equal her best ever international result.

Abel was third at the 2011 FINA World Championships. Her score on Sunday was her highest since that competi-

"It's a very satisfying performance," said Abel, a twotime Olympian. "All my dives were very strong and they had to be in order to stay in contention. That was my

Pamela Ware of Beloeil, Que., a bronze medallist at the 2013 worlds, was also in the medal hunt most of the way but took fifth at 344.40.

On men's 10-metre tower, Yamg Jian and Qiu Bo of China were first and second, and Ivan Garcia of Mexico was third.

Maxim Bouchard of St-Constant, Que., and Vincent Riendeau of Pointe-Claire, Que., were 15th and 16th, respectively. The Canadian Press

TRUCKS

Tour de France. Kristoff's Cabrera knocks out the Texas Rangers

MLB. Melk Man goes 3-for-5 at the plate to lead Jays to series win out of all-star break

It was about as ugly a win as you can get.

Toronto starter Mark Buehrle fell trying to throw a pitch, balking in a run. Closer Casey Janssen didn't finish the ninth. Even Rogers Centre couldn't make up its mind, opening and then closing the dome.

When the dust had settled, the Blue Jays had defeated the lowly Texas Rangers 9-6 Sunday, securing the series win over the worst club in the majors.

The teams combined for 27 hits, but it was hardly a precision batting display.

Texas left nine men on base while going 4-for-15 with runners in scoring position. Toronto stranded eight and went 6-for-13 with runners in scoring position.

Melky Cabrera answered a Texas comeback with a leadoff homer in the seventh inning and singled home two more runs in the eighth to lead the

Cabrera gave Toronto a 6-5 lead when he sent reliever Neftali Feliz's third pitch of the day deep to centre field. It was the left-fielder's 12th home run of the season, delighting the crowd of 36,011.

One inning later, Munenori Kawasaki made it 7-5 with an RBI single after Toronto loaded the bases with one out on three singles. Then Cabrera slammed a single to right-

IMPORTS

centre to bring home Anthony Gose and Jose Reyes.

Toronto (51-48) has now won seven of the last eight completed series against Texas (39-59) at Rogers Centre.

THE CANADIAN PRESS

'We can add players'

Jays GM in early stages of trade talk

Toronto general manager Alex Anthopoulos says he is looking to add to the Blue Jays by trade but danced around the issue of whether he can add payroll in the process.

Can you take on additional salary, he was

"We can add players," Anthopoulos said prior to Sunday's game against Texas. "We have the ability to have dialogue at any time. I don't see any reason why we won't be able to add players. And obviously players make money. No one plays for free.

The GM said while there were no imminent trades, he was involved in talks in the "conceptual stage.

Anthopoulos said offence was one area that needed improvement.

"Clearly offensively we haven't played as well as we can," he said.

DOMESTICS CARS

THE CANADIAN PRESS

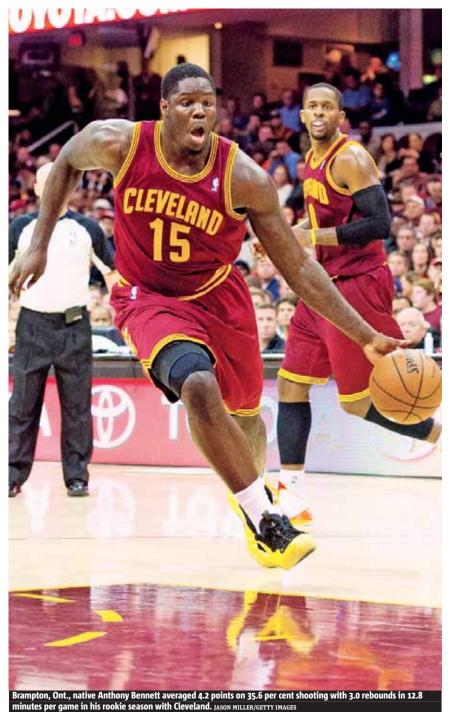


ori Kawasaki, left, and Melky Cabrera celebrate the Blue Jays' 9-6 win over the Texas Rangers on Sunday at Rogers Centre. MARTA IWANEK/TORSTAR NEWS SERVICE

SUVS



metr⊕ **SPORTS**



Cavs' Bennett has hunger to bounce back

NBA. Cleveland's top Canadian from last year relishing first summer league after abysmal rookie season

Three months removed from a trying rookie campaign, Anthony Bennett is in Las Vegas with plenty to smile about.

Returning to the city where he starred at UNLV — before the Cleveland Cavaliers made him the first Canadian to be selected first overall in the NBA draft in 2013 — Bennett has impressed in his first summer league experience.

'He's improved his conditioning, he's improved his physique," Cavaliers head coach David Blatt said. "His confidence has gone up. This was a very positive week for AB and we're happy about that."

Bennett, who was rehabbing a shoulder injury last year, wasn't able to participate with the Cavs' summer league team before his rookie year, forcing him to play catch-up as he started his professional

Fit and healthy this time around, Bennett says he must make the most out of his offseason preparation.

"It was a hard season for me," Bennett said. "I just soaked up everything, learned as much as I can, spoke to everybody on the team about what I can do better. It was just a real learning experience for me. That's why I made a commitment to stay in the gym and just get right."

Opting to stay in Cleveland since the end of the regular season in April, Bennett has diligently been working out and sticking to the menu his chef has provided for him.

'I just got (together) with all of the coaches and trainers," Bennett said. "I was going to stay in Cleveland for however long it takes to get right. Pretty much, I've just been working."

Those efforts are already paying off.

During his first game in Las Vegas, a showdown between 2014 No. 1 and No. 2 picks Andrew Wiggins and Jabari Parker, Bennett's sculpted physique stole the show. Shedding somewhere between 1520 pounds over the last few months, Bennett looks and feels much lighter.

Most of all, he looks like a player ready to leave a lacklustre rookie season in the

"AB has been good since day one, since I came," Blatt said. "Really working hard to get himself in shape. He's really, really trying to do a lot of different things on the court to help the team win.

"It's a work in progress, but he's doing a great job and I hope he continues in the same

In addition to the shoulder injury, Bennett dealt with both asthma and sleep apnea. Once the season ended, he had his tonsils and adenoids removed. The 21-year-old big man says those ailments, coupled with the pressures of being the top pick, weighed on him over the course of last year.

"It was fun, but all of the things I was going through the pressure, the injury, the conditioning, not playing — all of that just built up on me," Bennett said. "It was kind of

Following up his summer league debut with a 13-point, 14-rebound double-double, Bennett averaged 13.3 points and 7.8 rebounds in four games with the Cavaliers. His 13.3 points-per-game average was second on the team behind the 15.5 averaged by Wiggins. The canadian press

Loosening up

"My whole first year I was kind of buried in pressure. I put a whole lot on myself. I just want to go out there and play. Have fun."

Cleveland Cavaliers forward Anthony Bennett



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AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



→ See the full instructions on Metro's Voices page.

↑ Aries

March 21 - April 20

Get tough with someone who has been giving you a hard time. People will respect you more if you demonstrate that you respect yourself.

Taurus April 21 - May 21

This is an important time for career matters. Being ambitious is not a sin and anyone who suggests that it might be is not to be trusted.

II Gemini May 22 - June 21

You have enough work on your plate. The planets warn if you go beyond your limits, you will regret it later in the week when you don't have the energy for new opportunities.

9 Cancer June 22 - July 23

Someone is trying to make you feel guilty about something that wasn't your fault. You may be tempted to ignore it but if you don't counter their negative propaganda, your reputation could suffer.

$\mathbf{\Omega}$ Leo

July 24 - Aug. 23

The more time you spend trying to work out what might go wrong over the next few days the less time you will have for making things go right.

M Virgo Aug. 24 - Sept. 23

You may not be much in the mood for routine activities today but the planets insist that you make a serious effort to catch up on a backlog of jobs.

📤 Libra

Sept. 24 - Oct. 23

The planets warn that in some areas it might be wise to play safe and stick with what you know and trust. Creatively and romantically you have a lot to gain but also a lot to lose.

M Scorpio Oct. 24 - Nov. 22

Don't hesitate to tell others what it you desire because someone might hand it to you. Stranger things have happened and will continue to happen over the next few weeks.

Sagittarius Nov. 23 - Dec. 21

You must be committed to what you are working on. If you are reluctant to get fully involved, others may decide they can do without you.

り Capricorn

Dec. 22 - Jan. 20

Don't run yourself into the ground doing things for others. Your energy supply is limited and must be saved for things that mean something to you.

≫ Aquarius Jan. 21 - Feb. 19

Even the best of friends fall out occasionally. You will get the chance to kiss and make up later in the week and if you take it there will be no harm done.

H Pisces

Feb. 20 - March 20

If someone you trust offers you advice today you would be wise to listen. That applies to all areas of your life but especially to property matters, investments and financial issues.

Crossword: Canada Across and Down by Kelly Ann Buchanan

40

56

63

68

Across

1. What a Canadian saying 'about' sounds like to the American ear

6. WWII threat in the North Atlantic 11. 'Computer' suffix

- (Techie jargon) 14. Bamboo eater
- 15. Louisiana dish 16. Global positioning fia.
- 17. Proctor (Kitchen appliance company)
- 18. PEI's __ Peninsula; or, the 'G' of GMT 20. Cathedral city
- 21. Norwegian dramatist Henrik
- 23. Prefix to 'scope' 24. Toy-made dessert, -Cone
- 25. Some soft drinks 28. Canadian band,
- Rush
- 33. Fail to keep 34. Lang. of Rome 35. Three words
- heard as the race is just about to begin...
- 40. Cat-like 42. Hockey's Bobby
- 43. "Buzz off!" 44. Canadian movie,
- "Atanarjuat: The " (2001) 47. Mystique
- 48. Belonging to the intl. org. based in NYC 49. Those using brooms

51. Exceeds

some!" 57. Supermodel Ms. Campbell 60. Mafia

56. Ancient's "Awe-

55. Promos

52

- of Tara 63. (Musical instrument on The Arms of Canada)
- 66. Shoes shade

72

45

18

- 68. Calif. NBA team 69. Major artery
- 70. Band of eight
- 71. Method [abbr.]
- 72. Wales language
- 73. React to nausea
- Down 1. Church section
- 5. Burdensome 6. Australian boots 7. Hockey great,

2. Jail money

3. Exclusively

4. Sort of tribute

26

36

58

- Pavel
- 8. Signs
- 9. Mr. Vigoda 10. Weight unit [var.
- sp.]

70

60

- 11. "The Untouchables" role, __ Ness 12. "__ bleu!" (Golly!)
- 12. "__ bleu!" (Golly!)
 13. Cultural standards
- 19. Major League Soccer team in Van-
- couver 22. Wild swine 24. English-French:

- 1945 Hugh MacLennan book, Two 26. Use a crowbar
- 27. Singer, Diana
- 28. Annoy 29. "I'll have
- please." (Dessert-time drink request)
- 30. Mr. Holbrook's 31. lights
- 32. Knitter's supplies
- 36. Sketched
- 37. Genuine 38. Actress Teri
- 39. Grannies: German 41. 007 foe in '62 [2
- wds.] 45. Function
- 46. Staples purchase
- 50. Magazine bigwig 51. Trompe l'
- (Visual illusions) 52. Sunny emission,
- 53. Works
- 54. Watchdog's warning
- 58. Fine pursuits 59. Moonfish
- 60. Combo dog 61. International
- oil gr.
- 62. ≠Ms. Behrs of "2 Broke Girls"
- 64. "Hee
- 65. Flat-bladed tool 67. Hotshot

Friday's Crossword

7.5	1.1	1.3	4.		h .	1	7	4		٠.	14.	10.0	W.,	
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4	B	1	Ñ	1		"C	R	E	D		"A	M	31	
E	Α	p	0	E		H.	B	9	5		٣.	1	C	

See today's answers at metronews.ca/answers



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Э	1	9	4	8	2	5	6	1
2	4	6	5	3	7	8	9	1
5	7	8	5	1	9	3	4	1
9	6	1	3	2	5	4	7	1
8	2	4	1	7	6	9	3	1
7	3	5	9	4	В	2	1	-
1	5	3	8	6	4	7	2	1
6	B	7	2	9	3	1	5	4
4	9	2	7	5	1	6	8	4

		9				7		
		1	5		8	2		
7				2				3
	7	6	8		2	5	3	
	9	2	4		5	8	6	
8				5				1
		5	7		4	9		
		3				4		

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